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May 2026
Feel Your Best
sweet & savory
brunch
inside
Asthma & allergy relief
Spring brunch recipes
Maternal mental health
Published exclusively for Wegmans

[healthy pick]

artichokes

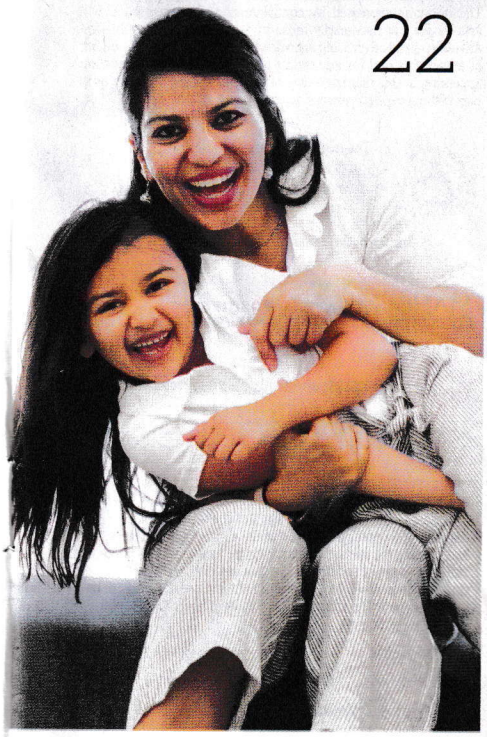
Although treated as a vegetable, artichokes are actually the flower buds of the artichoke plant and hail from the same family as dandelions and sunflowers. They are native to the Mediterranean region but also grow in other parts of the world, including California.

Artichokes are not just a pretty plant—they also offer a host of health benefits. Artichokes may help to regulate blood pressure, reducing the risk of heart disease and stroke. They have also been linked to modest reductions in cholesterol levels. Preliminary research suggests that artichokes may help support liver function.

Rich in antioxidants, artichokes are also a good source of folate, magnesium, potassium, vitamin C, and fiber. Artichokes contain prebiotics, important nutrients found in fruit, vegetables, and whole grains that support the helpful bacteria in your gut. One whole, medium-sized artichoke has just 60 calories.

Artichokes can be purchased fresh and prepared at home. They are also available, ready to eat in cans and jars. Artichokes can be used in a variety of recipes including dips and pasta dishes.

SELECTED SOURCES **"10 health benefits of artichokes,"** Cleveland Clinic Health Essentials, https://health.clevelandclinic.org, 2/23/24 • **"The amazing antioxidants in artichokes,"** National Foundation for Cancer Research, www.ncfr.org, 2017 • **"Bioactive compounds, health benefits and food applications of artichoke (*Cynara scolymus* l.) and artichoke by-products: A review"** by P. Ayuso et al., *Applied Sciences*, 2024



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A NOTE ON RECIPES
Nutritional analysis from Edamam. Nutritional values vary depending on portion size, freshness of ingredients, storage, and cooking techniques. They should be used only as a guide. Star ratings are based on standard values (SVs) that are currently recommended: ★★★★★ Extraordinary (50 percent or better), ★★★★ Top source, ★★★ Excellent source, ★★ Good source, ★ Fair source

RECIPE KEY
D Dairy Free G Gluten Free N Nut Free
V Vegan V Vegetarian

Apricot-Chicken Salad with Chickpeas and Cashews DG

From the ***Taste for Life*** test kitchen

30 min prep time
serves 4

Dressing

- 1 shallot, minced
- 2 lemons, juiced
- 2 Tbsp extra-virgin olive oil
- 1 Tbsp honey
- ½ tsp ground cumin
- ½ tsp ground coriander
- ½ tsp paprika
- Salt and freshly ground black pepper

Chicken Salad

- 1 Tbsp oil
- 1 lb boneless, skinless chicken breast, cut into bite-size pieces
- 1 c dried apricots, chopped in half
- 1 (15 oz) can chickpeas, drained
- 2 c salad greens
- ¼ c chopped parsley
- ½ c chopped cashews

1. Make dressing: whisk together shallot, lemon juice, the 2 tablespoons of oil, honey, cumin, coriander, and paprika. Season to taste with salt and pepper. Set dressing aside.

2. Heat the 1 tablespoon of oil in a pan over medium heat. Add chicken to pan. Season with salt and sauté until cooked through. Set chicken aside.

3. In a large bowl, gently toss together apricots, chickpeas, salad greens, parsley, cashews, and cooked chicken.

4. Drizzle salad with dressing. Gently toss and serve.

Per serving: 622 Calories, 41 g Protein, 83 mg Cholesterol, 67 g Carbohydrates, 30 g Total sugars (4 g Added sugars), 13 g Fiber, 24 g Total fat (4 g sat), 617 mg Sodium, ★★★★★ Vitamin B3 (niacin), B6, K, Folate, ★★★★ Phosphorus, Potassium, ★★★ Vitamin C, Iron, Magnesium, Zinc, ★★ Vitamin B1 (thiamine), B2 (riboflavin), E, ★ Vitamin A, B12

best exercise? mix it up

Mixing different types of physical activity may be the best exercise plan for longer life, according to a new assessment.

Researchers examined the results of two large studies that spanned more than 30 years apiece, including more than 100,000 participants. They evaluated time spent on activities such as walking, jogging, running, cycling, lap swimming, rowing, racket sports, weight training, yoga, and vigorous outdoor work. Most of those exercises were associated with a lower risk of death, and engaging in a greater variety produced even better results.

SELECTED SOURCES **"Mix of different types of physical activity may be best for longer life,"** BMJ Group, 1/20/26 • **"Physical activity types, variety, and mortality: Results from two prospective cohort studies"** by H. Han et al, *BMJ Medicine,* 1/20/26

oatmeal acts quickly

There aren't many quick fixes when it comes to health, but a few servings of oatmeal might be an exception. Adults with metabolic syndrome ate little but oatmeal for two days and saw considerable positive changes in cholesterol levels.

Participants ate about 10 ounces of oatmeal on each of the two days, along with small amounts of fruit or vegetables, resulting in about half the calories they normally would have consumed. LDL cholesterol dropped by about 10 percent. Positive effects were still seen six weeks later.

The researchers described metabolic syndrome as "a combination of high body weight, high blood pressure, and elevated blood glucose and blood lipid levels."

SELECTED SOURCES **"Cholesterol-lowering effects of oats induced by microbially produced phenolic metabolites in metabolic syndrome: A randomized controlled trial"** by L. Klümpen et al., *Nature Communications,* 1/14/26 • **"Two days of oatmeal reduce cholesterol level,"** University of Bonn, 1/23/26

inspire teens to cook

"When teens learn healthy cooking skills at home, they'll be better prepared to plan balanced meals and make their own food choices after they leave home," write the experts at the Academy of Nutrition and Dietetics. They advise showing teens how to grill, bake, or broil lean protein options such as marinated chicken, fish, or beef. "Or, demonstrate how to sauté ground chicken or turkey, tempeh, or tofu to add to spaghetti sauce, chili, or tacos. Before you know it, your teen will be telling you what's for dinner."

SOURCE **"7 kitchen staples for teen-friendly meals"** by K. Ansel, Academy of Nutrition and Dietetics, www.EatRight.org, 11/3/25

sunlight helps in diabetes care

People with Type 2 diabetes fared better in natural daylight compared to artificial light in an interesting new study.

Individuals were exposed to natural sunlight facilitated through windows, or constant artificial lighting, during work hours for 4.5 consecutive days. Continuous monitoring of blood sugar levels showed that participants exposed to natural light spent more time in the normal glucose range.

The authors noted that metabolic diseases are often "driven by a sedentary lifestyle coupled with circadian misalignment--a desynchrony between our intrinsic biological clocks and environmental signals." They asserted that most people spend nearly 90 percent of their time indoors, "with a very limited exposure to natural daylight."

SELECTED SOURCES **"Exposure to natural light improves metabolic health,"** Université de Genève, 1/7/26 • **"Natural daylight during office hours improves glucose control and whole-body substrate metabolism"** by J.-F. Harmsen et al., *Cell Metabolism,* 1/6/26

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BY EVA MILOTTE

A Festive Brunch

where savory and sweet meet

It's not breakfast, and it's not lunch. Brunch masterfully combines two meals into one satisfying event to share with family and friends. Host a brunch to remember with the following healthy and satisfying dishes.

Blueberry Cheesecake Pancakes NV

From ***Pull Up a Chair*** by Martha Collison ($32.99, Kyle Books, 2025)

40 min prep time
makes **8** pancakes

- 2 large eggs
- 9 oz ricotta cheese
- 4 fl oz semi-skimmed milk
- 1 Tbsp caster sugar
- 3½ oz plain flour
- 1 tsp baking powder
- 3½ oz blueberries, plus extra to serve
- Vegetable oil, for frying

To serve

- Maple syrup, for drizzling
- 2 digestive biscuits, crumbled
- Greek yogurt

1. Separate eggs, placing yolks into a large bowl and whites into a smaller bowl. Add ricotta and milk to egg yolks and whisk until smooth.

2. Whip whites in a separate bowl until they form soft peaks (use an electric whisk or be vigorous with a balloon whisk). Add sugar and whisk again until thick and glossy; mixture should be similar to a meringue mixture.

3. Combine flour and baking powder in a third bowl and then sift over top of egg and ricotta mixture. Use a whisk to combine and then swap to a spatula and carefully fold egg whites through mixture. Try not to over mix: you want batter to be light and airy. Add blueberries and fold again.

4. Place a large frying pan over medium heat and brush with oil. Dollop a few tablespoons of batter into pan and nudge into a circle—depending on size of pan, you should be able cook a few pancakes at a time. Cook for 2–3 minutes on each side until golden brown and cooked through. Repeat with remaining batter. Keep pancakes warm in a low oven.

5. Serve piled high, drizzled with maple syrup and topped with crushed biscuits, with yogurt and extra berries on side.

Kitchen Note: Cooking blueberries concentrates their flavor and transforms them into something vibrant. These ricotta pancakes are light yet rich, with a flavor reminiscent of blueberry cheesecake, especially when topped with crumbled digestive biscuits! Any leftover pancakes will freeze well and can be reheated from frozen in a frying pan or in the toaster.

Per serving (2 pancakes; topped with 2 tablespoons maple syrup, 2 digestive biscuits, and ¼ cup Greek yogurt): 598 Calories, 20 g Protein, 138 mg Cholesterol, 80 g Carbohydrates, 34 g Total sugars (27 g Added sugars), 1 g Fiber, 23 g Total fat (11 g sat), 254 mg Sodium, ★★★★★ Vitamin B2 (riboflavin), ★★★ Vitamin B12, ★★ Vitamin A, Calcium, ★ Vitamin B1 (thiamine), Magnesium, Phosphorus, Potassium, Zinc

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Carrot Cake Breakfast Muffins DGV

35 min prep time
makes 12 muffins

From ***Sync & Savor*** by Paige Lindgren ($32, Ten Speed Press, 2026)

- 1¼ c almond flour
- ⅔ c oat flour
- ¾ tsp baking soda
- ¾ tsp ground cinnamon
- ⅓ tsp grated nutmeg
- 3 large eggs
- ⅓ c pure maple syrup
- ⅓ c unsweetened applesauce
- 1¼ c grated carrots
- ⅓ c chopped walnuts or pecans

1. Preheat oven to 350°. Line a 12-cup muffin tin with paper liners.
2. In a medium bowl, whisk together almond flour, oat flour, baking soda, cinnamon, and nutmeg.
3. In another medium bowl, whisk eggs, maple syrup, and applesauce until smooth. Gradually add wet ingredients to dry ingredients, stirring until just combined. Fold in grated carrots and chopped nuts.
4. Divide batter evenly among muffin cups and bake for 20 to 22 minutes, or until a toothpick inserted into center of a muffin comes out clean.
5. Let muffins cool slightly before turning out onto a rack to cool completely before serving.

Kitchen Note: Naturally sweetened, these muffins are gentle on your blood sugar and give you lasting energy while satisfying your sweet tooth. Add them to a yogurt bowl in the morning for extra protein!

Per serving (1 muffin; made with walnuts): 160 Calories, 5 g Protein, 40 mg Cholesterol, 15 g Carbohydrates, 7 g Total sugars (5 g Added sugars), 2 g Fiber, 10 g Total fat (1 g sat), 105 mg Sodium, ★ Vitamin A, B2 (riboflavin), Phosphorus

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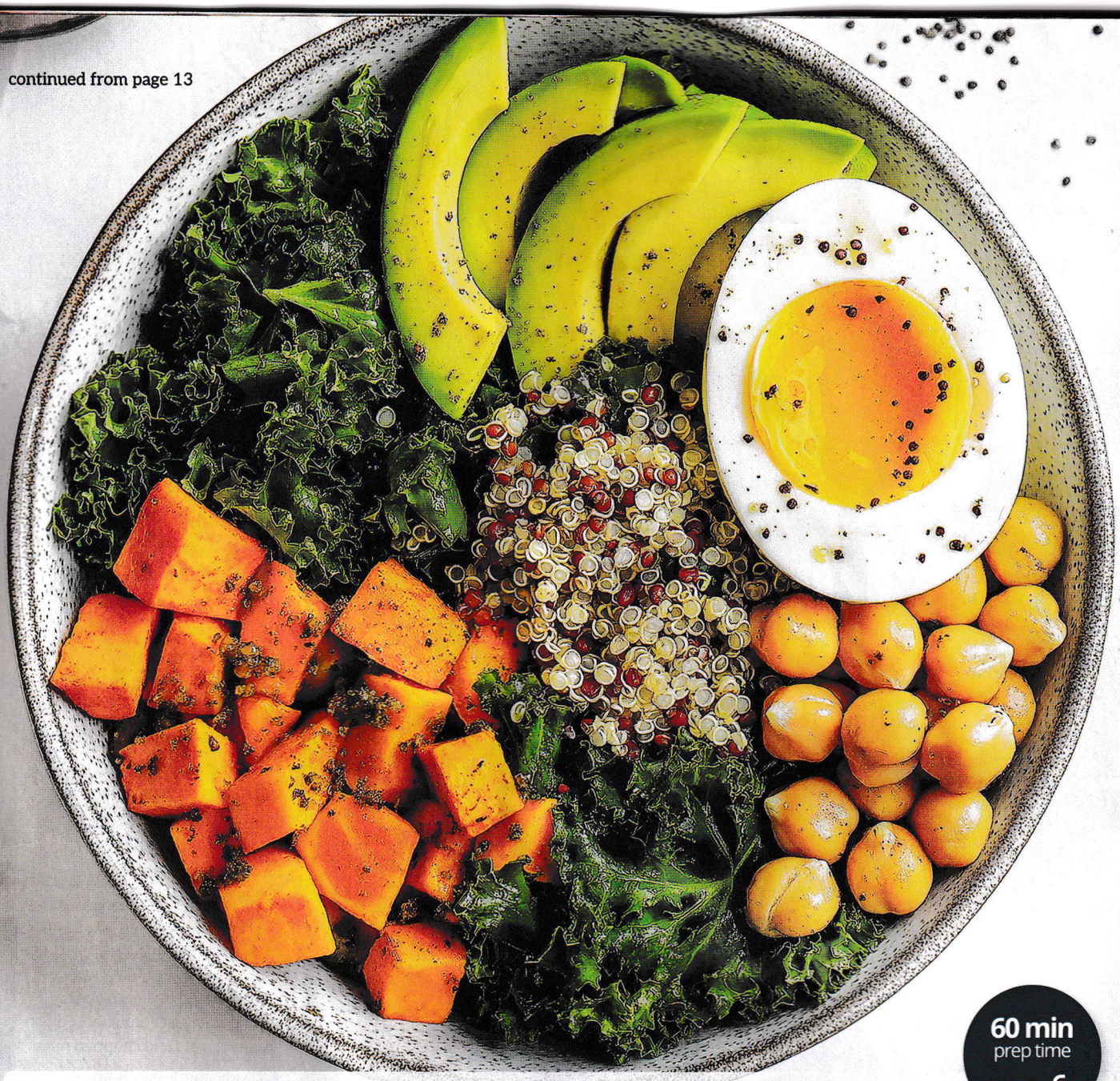

60 min
prep time
serves 6

Kale Salad with Roasted Sweet Potatoes and Quinoa DGNV

From the ***Taste for Life*** test kitchen

Dressing

- ¼ c extra-virgin olive oil
- ¼ c balsamic vinegar
- 1 lemon, juiced
- 1 Tbsp Dijon mustard
- 1 Tbsp honey
- Salt

Salad

- 2 large sweet potatoes, peeled and chopped into ½-inch chunks
- 2 Tbsp avocado oil
- ½ tsp paprika
- ½ tsp ground cumin
- ½ tsp garlic powder
- Salt and freshly ground black pepper
- 1 c quinoa
- 2 heads kale
- 1 (14.5 oz) can chickpeas, drained
- 3 avocados, peeled, pitted, and sliced into wedges
- 3 hard-boiled eggs, peeled and halved

1. Make dressing: whisk together olive oil, balsamic vinegar, lemon juice, mustard, honey, and salt to taste. Set aside.

2. Preheat oven to 425°.

3. Toss chopped sweet potatoes with avocado oil, paprika, cumin, garlic powder, and salt and pepper to taste. Place in a baking pan and roast for about 25 minutes until fork-tender, flipping halfway through cooking time.

4. Meanwhile, cook quinoa according to package directions. Set aside.

5. Remove ribs from kale and discard or save for another use. Chop leaves into small pieces.

6. Divide equal amounts of sweet potatoes, quinoa, kale, chickpeas, avocados, and eggs among six plates or bowls. Drizzle dressing over before serving.

Per serving: 568 Calories, 18 g Protein, 80 mg Cholesterol, 69 g Carbohydrates, 11 g Total sugars (3 g Added sugars), 18 g Fiber, 27 g Total fat (4 g sat), 355 mg Sodium, ★★★★★ Vitamin A, C, K, Folate, ★★★★ Vitamin B2 (riboflavin), B6, ★★★ Iron, Magnesium, Phosphorus, Potassium, ★★ Vitamin B1 (thiamine), B3 (niacin), E, Zinc, ★ Calcium

Make-It-Yours Veggie and Egg Breakfast Burrito

D N V

From ***Sync & Savor*** by Paige Lindgren ($32, Ten Speed Press, 2026)

- 1 Tbsp olive oil
- ¼ c diced bell pepper
- ¼ c fresh baby spinach
- 2 large eggs
- 1 whole-wheat or gluten-free burrito-size tortilla
- ¼ avocado, pitted and sliced
- 1 Tbsp salsa of your choice
- Salt and freshly ground black pepper

1. Place a large skillet over medium heat and add oil. Add bell pepper and sauté until softened, about 3 minutes.
2. Add spinach and cook just until wilted.
3. Lightly whisk eggs in a small bowl and then pour into pan. Scramble and cook with veggies for 3 minutes, until firm.
4. Spoon egg-and-veggie mixture into tortilla, and top with avocado slices. Spoon salsa over top and season to taste with salt and pepper.
5. Fold in sides of tortilla and roll burrito up snugly. Enjoy warm.

*Feel free to double or triple this recipe when serving for brunch. You may want to slice the burritos into halves for a brunch option, especially when other items are being served.

Kitchen Note: The eggs in this breakfast burrito provide a solid protein and choline boost, while the sautéed veggies and creamy avocado offer healthy fats, fiber, and antioxidants to keep energy steady and focused. It's quick, filling, and adaptable to whatever veggies are on hand, like cooked broccoli, tomato, or zucchini. It also makes for a great meal-prep option. Just wrap the prepared burrito in foil, store it in the freezer, and reheat it when you wake up craving flavor and fuel!

Per serving (made with a whole-wheat tortilla): 485 Calories, 17 g Protein, 320 mg Cholesterol, 33 g Carbohydrates, 4 g Total sugars (0 g Added sugars), 6 g Fiber, 33 g Total fat (6 g sat), 625 mg Sodium, ★★★★★ Vitamin C, K, Folate, ★★★★ Vitamin B2 (riboflavin), ★★★ Vitamin B12, E, ★★ Vitamin A, B1 (thiamine), B3 (niacin), B6, Iron, Phosphorus, ★ Calcium, Magnesium, Potassium, Zinc

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[quick tips] BY NAN FORNAL

better sleep, longer life

help your body rest and restore

A bad night's sleep can leave you feeling groggy, but if poor sleep becomes an ongoing issue, it can lead to a host of health problems.

Importance of good sleep habits

While you engage in restorative slumber, your immune system works on injuries and sore muscles; fluid flushes the brain of toxins; and the body secretes hormones.

And studies show that sleep consistency (going to bed and arising at the same time over consecutive days) may be more important than duration in predicting quality of life, including biological aging, depression, and negative cardiometabolic outcomes. More regular sleep is associated with lower mortality risk.

High-quality sleep depends on five factors:

- Seven to eight hours of sleep per night
- Not using sleep medication
- Feeling well rested at least five days per week
- Trouble falling asleep no more than twice a week
- Difficulty staying asleep no more than twice a week

Combat insomnia

If you're one of the 12 percent of Americans who say they have been diagnosed with chronic insomnia, you may already know the daytime sleepiness or fatigue it causes, along with its contribution to risks for anxiety, depression, Alzheimer's disease, and Type 2 diabetes.

It may be time to consult a healthcare provider. Take notes in a sleep diary for a week or two before your appointment. Log when you get up every morning and when you go to bed, along with your best guess for how much sleep you got; the number of times you woke up in the night; and any medications, supplements, or alcoholic beverages you used the night before. Also add how much time you napped during the day and whether you experienced daytime fatigue.

Increase both socializing and the amount of physical activity you do every day; stick to a consistent bedtime and wake-up schedule; try to eliminate napping in the daytime; and limit smoking, drinking alcoholic beverages and those with caffeine, and eating heavy meals before bed.

SELECTED SOURCES **"Getting good sleep could add years to your life"** by N. Napoli, American College of Cardiology, www.acc.org, 2/23/23 • **"Imbalanced sleep increases mortality risk by 14–34%: A meta-analysis"** by Z. Ungvari et al., *GeroScience,* 3/12/25 • **"'May' you sleep better for health and longevity"** by S. Molony, National Council on Aging, www.ncoa.org, 5/13/25 • **"Minimum combined sleep, physical activity, and nutrition variations associated with lifeSPAN and healthSPAN improvements: A population cohort study"** by N.A. Koemel et al., *eClinical Medicine,* www.thelancet.com, 1/13/26 • **"Sleep and longevity: How quality sleep impacts your life span"** by A. Bowman, MCPress. MayoClinic.org, 1/19/24 • **"Sleep regularity is a stronger predictor of mortality risk than sleep duration: A prospective cohort study"** by D.P. Windred et al., *Sleep,* 1/24 • **"Survey shows 12% of Americans have been diagnosed with chronic insomnia**, *American Academy of Sleep Medicine,* aasm.org, 6/14/24

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BY *TASTE FOR LIFE* STAFF

sneeze season!

help is here for springtime allergies

Allergy season is here. Early spring is when pollen emerges from the trees. Late spring and summer add grass and weed pollen to the mix. For many, pollen causes congestion, sneezing, runny noses, and more.

Symptom relief

Some allergic reactions are impossible to avoid, so it's good to have on hand some natural remedies that can help minimize allergy symptoms when they strike. **Saline sprays** work well to flush out pollen and other allergens from your nasal passages, alleviating congestion and easing inflammation of mucous membranes. **Sprays with xylitol** also offer relief.

Consider the following supplements, which can help relieve symptoms without some of the side effects, like fatigue, that can be caused by over-the-counter allergy medications. Be sure to consult with your healthcare provider about possible interactions with other medications.

Vitamin C is a natural antihistamine.

Bromelain is an enzyme derived from pineapples that helps reduce inflammatory responses.

Garlic contains a high amount of quercetin and can help ease sinus inflammation. (Both bromelain and garlic are natural blood thinners, so use caution if you take blood-thinning medications or have a bleeding disorder.)

Curcumin, an active compound in the spice turmeric, helps decrease inflammation and reduce congestion, runny nose, and sneezing. Turmeric can interfere with blood thinners, stomach acid reducers, and diabetes medications. ●

SELECTED SOURCES **"Allergy facts and figures,"** Asthma and Allergy Foundation of America, www.AAFA.org • ***Body into Balance: An Herbal Guide to Holistic Self Care*** ($24.95, Storey Publishing, 2016); ***Grow Your Own Herbal Remedies*** ($24.95, Storey Publishing, 2019) by Maria Noël Groves • **"Probiotics (Lactobacillus gasseri KS-13, Bifidobacterium bifidum G9-1, and Bifidobacterium longum MM-2) improve rhinoconjunctivitis-specific quality of life in individuals with seasonal allergies . . ."** by J.C. Dennis-Wall et al., *American Journal of Clinical Nutrition*, 3/17 • **"Quercetin a promising functional food additive against allergic Diseases: A comprehensive and mechanistic review"** by N.N. Najafi et al., *Journal of Functional Foods*, 5/24 • **"The role of diet and nutrition in allergic diseases"** by P. Zhang, *Nutrients*, 8/22/23

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BY JOY STEPHENSON-LAWS, JD

mom's mental health

caring for the caregiver

Women are about twice as likely as men to develop major depression—biological or hormonal makeup may be partly to blame. And there are certain periods during their lives when women are more susceptible to depression, like before menstruation or after pregnancy.

Some types of depression are specific to women, including

Premenstrual dysphoric disorder (PMDD). This disorder can occur a week or two before a woman's period starts. "PMDD is a serious condition with disabling symptoms such as irritability, anger, depressed mood, sadness, suicidal thoughts, appetite changes, bloating, breast tenderness, and joint or muscle pain," according to the National Institute of Mental Health.

Perinatal depression. "Perinatal depression is depression during or after (postpartum) pregnancy," reports the National Institutes of Health (NIH). "The feelings of extreme sadness, anxiety, and exhaustion that accompany perinatal depression may make it difficult to complete daily care activities for a new mom and/or her baby." Perinatal depression is a common medical complication during pregnancy and the postpartum period, affecting one in seven women.

Perimenopausal depression. "Perimenopause (the transition into menopause) is a normal phase in a woman's life that can sometimes be challenging," according to the NIH. "If you are going through perimenopause, you might experience abnormal periods, problems sleeping, mood swings, and hot flashes." Perimenopausal depression may be caused by changes in hormone levels such as estrogen.

Nutrients to support mental health

Several nutrients show promise in supporting women's mental health. Many of these can be obtained through a proper diet and/or supplementation (with medical supervision).

Magnesium. Research has shown an improvement in the severity of symptoms of depression when study participants were given 125 to 300 milligrams (mg) of magnesium with each meal and at bedtime. Foods rich in magnesium include spinach, pumpkin seeds, yogurt, kefir, almonds, black beans, avocados, figs, dark chocolate, and bananas.

Chromium. Many studies have assessed the benefits of chromium picolinate in depression. One showed that 70 percent of those who took 600 micrograms (mcg) of chromium picolinate had improvement in their depressive symptoms, including emotional stability. Foods high in chromium include broccoli, free-range eggs, sweet potatoes, corn, oats, and grass-fed beef.

Iron. Decreased levels of iron can result in apathy, depression, and fatigue. Iron is also important for oxygenation of the brain and necessary for all its functions. Women tend to have a higher chance of iron deficiency due to losing blood during their menstrual cycles. Iron-rich foods include red meat, pork, poultry, seafood, beans, spinach and other leafy greens, peas, cherimoya fruit, and iron-fortified cereals.

Selenium. Depression due to selenium deficiency has been established in several studies. Depression may be the result of oxidative stress, which is why selenium may be helpful. Selenium is a powerful antioxidant. Numerous studies done on different populations and age groups suffering from depression found improvement in mood and anxiety from selenium. Foods high in selenium include Brazil nuts, yellowfin tuna, halibut, sardines, and chicken.

Zinc. This mineral is involved in more than 300 reactions in the body and is abundant in the brain. Zinc levels are generally low in those with major depression. Zinc supplementation along with antidepressant therapy has been studied and has shown benefits. You can eat lamb, pumpkin seeds, grass-fed beef, mushrooms, chickpeas, spinach, and chicken to get more zinc in your diet.

Copper. Another important mineral, copper helps your brain make chemicals that control stress, mood, and alertness. These chemicals are linked to conditions like anxiety and depression. Copper-rich foods include sunflower seeds, lentils, almonds, dark chocolate, beef liver, and asparagus.

B Vitamins. Deficiencies in various vitamins, including the Bs, are reported to have a negative effect on the brain. The Bs are found in a wide range of foods, but vegans and vegetarians need to be especially proactive to get enough B12, which is mainly found in animal foods.

Vitamin C. Studies have suggested that depression can be a consequence of inadequate levels of vitamin C. It can be found in a variety of fruits and vegetables such as oranges, watermelon, green and red peppers, grapefruit, tomatoes, spinach, papaya, Brussels sprouts, and cabbage. C is widely available in supplement forms.

To get a better idea of your nutritional status, take a comprehensive nutritional test and talk with your healthcare provider about your results. If nutritional imbalances are found, then work with a healthcare professional to make dietary changes and/or take quality nutritional supplements. ●

Joy Stephenson-Laws, JD, is the founder of Proactive Health Labs, a national nonprofit health information company that provides education and tools needed to achieve optimal health. She also is founding and managing partner of Stephenson Acquisto & Colman, a healthcare law firm.

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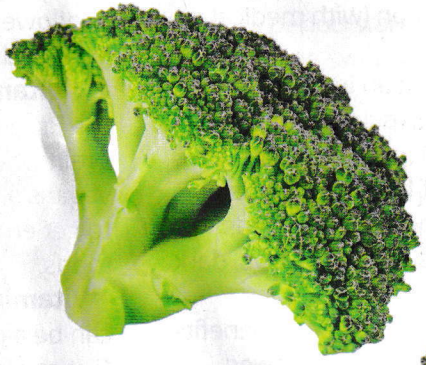
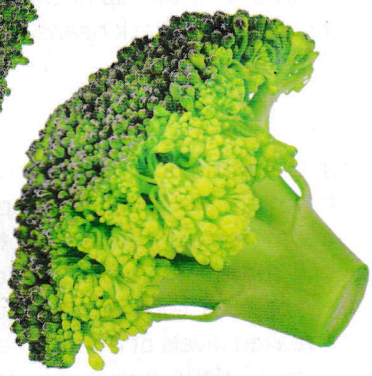
broccoli

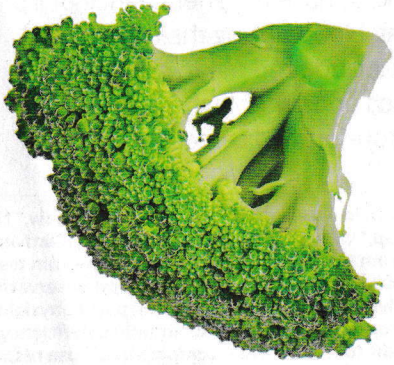
While broccoli may have started out as a wild plant in the mustard family, today it's a very popular veggie—the average American eats more than five pounds of it every year! And that's a good thing because broccoli is loaded with health benefits.

Compounds in broccoli have been linked to better blood sugar levels and healthier joints. It also contains remarkable cancer-fighting compounds that may help to fight breast cancer. Broccoli enhances the liver's detoxifying capabilities and decreases the growth of human papillomavirus, implicated in cervical cancer. And broccoli is a nutrient powerhouse high in vitamins including A, C, and K; folate; magnesium; phosphorus; and potassium.



All parts of the broccoli plant are edible including its florets, leaves, and stems—the stalk of the broccoli plant is rich in fiber so don't toss it out! Boiling isn't the best way to prepare broccoli, as it strips many of the plant's nutrients, so try steaming, stir-frying, or roasting it instead. Broccoli is also great raw with a tasty dip or shredded to make a slaw.





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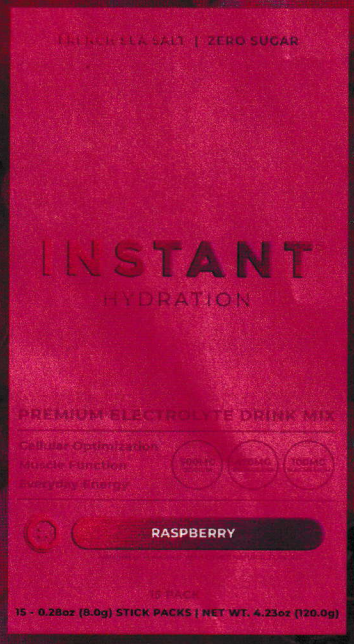

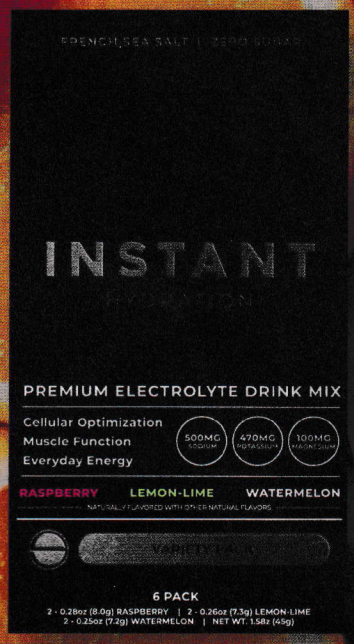

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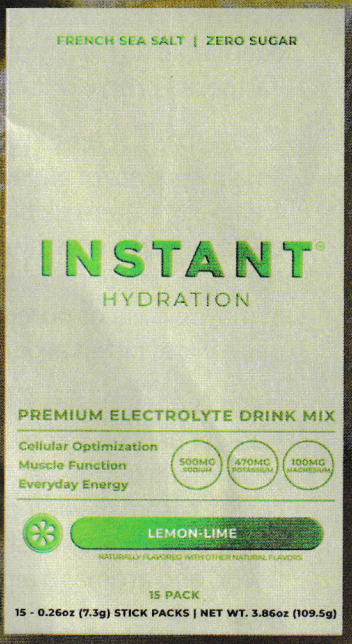
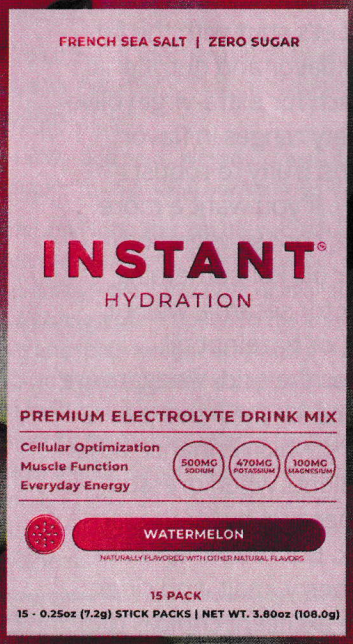


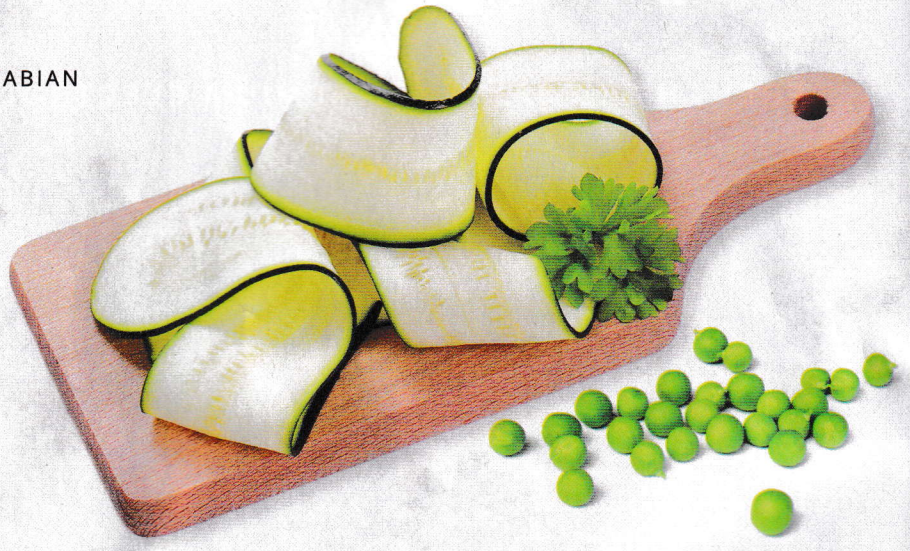


INSTANTHYDRATION®

 BY LISA FABIAN

sensational salads

eat green!



The perfect canvas to showcase other healthy ingredients, a salad adds color, crunch, and flavor to a plate or bowl. Read on to learn how to prepare a balanced and flavorful salad.

The Greens

Iceberg, romaine, chicory, arugula, watercress, baby spinach, radicchio, endive: Which of these is your favorite leafy green? Whichever you choose, be sure it's fresh. Rinse and dry greens well before preparing a salad, or the dressing will have trouble adhering to damp leaves.

The Dressing

Most dressings combine a fat and an acid along with seasonings (salt, herbs, spices), and sometimes a sweetener. Let's start with the fat. For ultimate flavor and nutritional benefits, reach for extra-virgin olive oil. This variety ranges in flavor from mild and fruity to robust and peppery. If you want a more neutral taste, choose vegetable or sunflower oil. For something unique, look for sesame, walnut, macadamia, or hazelnut oil.

Next comes the acid. Vinegars are the top choice for their sharp and bright flavors, which enhance other salad ingredients when dressed. Balsamic vinegar is by far the most popular pick. But red wine, white wine, rice, sherry, malt, and cider vinegars are excellent choices too.

A healthy, acidic alternative to vinegar is citrus juice. Lemon, lime, orange, or grapefruit juice adds freshness and brightness to a dressing.

When making a vinaigrette, the standard ratio is typically 3 parts oil to 1 part vinegar. Using this high amount of oil is a tasty way to showcase a premium extra-virgin olive oil. But if you prefer a less oily and sharper-tasting dressing, aim for a 2 to 1 ratio or even a 1 to 1 ratio.

Here are some other factors to consider when composing a salad.

Add Some Sweetness

To balance the savory taste in a salad, toss in fresh fruits (berries, pineapple, grapes, apples, pears) or dried fruits (apricots, raisins, cranberries, dates).

Another way to add sweetness to a salad is through the dressing. Whisk in maple syrup, agave syrup, honey, molasses, jams, jellies, fruit purées, or fruit juices to taste.

Add Some Tang

Pickled foods add a bright and slightly sour taste to salads. Try pickled beets, eggs, jalapeños, or onions. Other tangy options include olives, capers, cornichons, kimchi, and sprinkles of citrus zest (lemon, lime, orange, or grapefruit).

Mustard can be whisked into vinaigrettes for added tanginess. This also helps emulsify the oil and vinegar into a smooth dressing. Try the following mustard varieties: English, whole-grain, Dijon, honey Dijon, and American (yellow).

Add Some Crunch

Raw veggies offer nutritious crunch to salads. For even more crunchiness, consider chopped nuts (almonds, walnuts, cashews); raw or toasted seeds (pumpkin, chia, sunflower); croutons; fried shallots; pickles; roasted chickpeas; edamame; tortilla strips; granola; Parmesan crisps; or pita chips.

Creamy Dressings

Small amounts of plain yogurt, sour cream, or buttermilk blended into a dressing add a creamy consistency. For dairy-free options, try whisking in mayonnaise or puréeing in peeled and pitted avocado chunks.

Fresh Herbs to Finish

Flat-leaf parsley, mint, oregano, basil, cilantro, Thai basil, tarragon, chives, rosemary, and dill: These herbs add pops of freshness, color, flavor, and aroma to a plate of leafy greens.

SOURCE ***Sprout & Co. Saladology*** by Theo Kirwan ($26.99, Mitchell Beazley, 2024)

20 min
prep time
serves 2

Plant-Packed Avocado Salad with Zucchini Ribbons and Croutons DNV

From ***Quick Wins*** by Ella Mills ($30, Yellow Kite, 2025)

For the dressing

- 2 Tbsp apple cider vinegar
- Grated zest and juice of ½ lemon
- Extra-virgin olive oil
- Sea salt and black pepper

For the salad

- 1 small fennel bulb, finely sliced into thick match sticks (you can also thinly slice it using a mandoline)
- 1 zucchini, shaved into ribbons (leaving inner part with seeds)
- ⅔ c frozen peas
- 2 slices bread (sourdough works well)
- 1 garlic clove, peeled
- 1 avocado, diced
- 2-3 Tbsp chives, finely chopped

1. To make dressing: in a large salad bowl, whisk together vinegar, lemon zest, lemon juice, 2 tablespoons of the oil, pinch of salt, and lots of black pepper. Add fennel and zucchini, and set aside to marinate while you prep rest of salad.

2. To defrost peas, simply put them into a small saucepan of boiling water and cook for 1 to 2 minutes. Drain and let them cool while you make croutons.

3. Toast bread, and then rub slices with garlic clove for extra flavor. Tear into bite-sized croutons.

4. Finally, add peas, avocado, chives, and croutons to your salad bowl and gently mix.

Kitchen Note: This salad is packed with vibrant greens. If you're unsure about fennel, definitely give it a try—the apple cider vinegar and lemon really bring it to life, softening the aniseed flavor. Its crunch balances perfectly with the creamy avocado, sweet peas, and garlicky croutons for the most delicious mix of textures. Swap the fennel for thinly sliced celery if preferred for a milder crunch. Capers are such a great addition for more tang! Leave out the croutons for a light salad, or swap them for canned beans, lentils, or chickpeas.

Per serving (made with 2 tablespoons extra-virgin olive oil and 2 slices sourdough bread): 761 Calories, 23 g Protein, 0 mg Cholesterol, 102 g Carbohydrates, 18 g Total sugars (0 g Added sugars), 18 g Fiber, 33 g Total fat (5 g sat), 1,292 mg Sodium, ★★★★★ Vitamin B1 (thiamine), B2 (riboflavin), B3 (niacin), C, K, Folate, ★★★★ Vitamin B6, Iron, Potassium, ★★★ Vitamin E, Magnesium, Zinc, ★★ Phosphorus, ★ Vitamin A, Calcium

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 BY *TASTE FOR LIFE* STAFF

celiac disease awareness

getting started with a gluten-free lifestyle

Celiac disease is an autoimmune disorder that damages the small intestine and interferes with nutrient absorption. It's triggered when susceptible people eat gluten, the general name for proteins found in wheat, rye, barley, and triticale (a hybrid of wheat and rye). Experts believe that 2 million Americans have the disease, although many remain undiagnosed.

Celiac disease is associated with an increased risk of osteoporosis, multiple sclerosis, and other diseases. It often presents with GI symptoms including diarrhea, constipation, gas, bloating, and abdominal pain. Some people remain asymptomatic but suffer from nutritional deficiencies. Others believe they have celiac disease, but testing shows no signs of intestinal damage. These people may be diagnosed with non-celiac gluten sensitivity (NCGS).

Getting started with a gluten-free lifestyle

Currently no medication exists to treat celiac disease, so maintaining a strict gluten-free diet is necessary. Here are some important things to remember about going gluten free.

- It's not enough to look for the word "wheat" in ingredients lists. Gluten can hide in items like maltodextrin, dextrin, malt, malt flavoring, hydrolyzed vegetable protein, and modified food starch.
- Manufacturers can change ingredients at any time, so read product labels each time to be sure an item is still gluten free.
- Mills that process oats may handle gluten-containing grains. Always buy oats certified as gluten free. A small subset of celiac patients experience inflammatory reactions to pure oats and must avoid even certified gluten-free oats as a result.
- Popular gluten-free flour options include almond flour, buckwheat flour, chickpea (garbanzo bean) flour, rice (brown and white) flour, and sorghum flour. Starches such as arrowroot, cornstarch, potato starch, and tapioca starch are also gluten free and frequently used in flour blends.
- Keep in mind that none of the above starches or flours on their own can serve as an all-purpose gluten-free flour. Each must be blended with others in various combinations to mimic the properties of wheat flour. For best results, buy an all-purpose gluten-free flour blend, or make your own from a trusted recipe source.
- Most store-bought gluten-free breads benefit from toasting in a toaster or a toaster oven. It may take time to find your favorite gluten-free recipes and food products. Don't give up. It's worth it.

SELECTED SOURCES **"Definition & facts for celiac disease,"** National Institute of Diabetes and Digestive and Kidney Diseases, www.niddk.nih.gov • **"Non-celiac gluten sensitivity;" "A small subset of those with celiac disease react to the protein in oat, study confirms,"** www.BeyondCeliac.org

40 min
prep time
serves 4

Mango Sticky Rice Waffles with Coconut Syrup D G V

From ***Ohana Style: Food From Hawai'i, for Your Family*** by Sheldon Simeon with Garrett Snyder ($35, Clarkson Potter Publishers, 2026)

- 3 c chilled leftover cooked short-grain rice
- 1 (13 oz) can full-fat coconut milk, divided
- 3 tsp cornstarch, divided
- 1 tsp baking powder
- 1 Tbsp sugar
- ½ tsp kosher salt, plus more as needed
- 3 Tbsp maple syrup
- 1 tsp vanilla extract
- 1 Tbsp margarine, plus more for greasing waffle iron
- 2 ripe mangoes, sliced

1. Place rice in a microwave-safe medium bowl. Microwave for 1 to 2 minutes, stirring once, until it's hot (not just warm) throughout.

2. Shake can of coconut milk well before opening. Pour half the coconut milk over cooked rice. Add 1 teaspoon of the cornstarch, the baking powder, sugar, and salt. Stir until well combined and warm rice has absorbed coconut milk. Set aside.

3. In a small saucepan, combine remaining coconut milk, the maple syrup, vanilla, and a pinch of salt. Bring to boil over medium heat.

4. Meanwhile, in a small bowl, whisk together remaining 2 teaspoons cornstarch with 2 teaspoons water until smooth to form a slurry. Once coconut sauce starts to boil, reduce heat to low and stir in slurry. Continue stirring until mixture has thickened, another 2 to 3 minutes. Remove from heat and stir in the 1 tablespoon of margarine until it's melted. Keep warm.

5. Preheat oven to 200° if you'd like to keep finished waffles warm.

6. Preheat waffle iron. Brush it liberally with some margarine. For a regular-size waffle maker, measure out 1 firmly packed cup of the rice mixture (try not to overload it). Cook until golden brown and crispy, 4 to 5 minutes. If you're using the oven to keep waffles warm, transfer them directly to an oven rack. Repeat until you have waffled all the sticky rice.

7. Serve waffles topped with mango slices and warm coconut syrup.

Kitchen Note: This recipe is a breakfast-friendly version of mango sticky rice. Cooked short-grain rice is mixed with cornstarch, so that it mimics the consistency of sticky rice. The rice is then used as a coconutty waffle batter that's dairy free and gluten free. Be patient and allow the waffles time to crisp and brown. The fat in the coconut milk and the brush of the margarine on the waffle iron will prevent sticking. Once the waffle reaches optimum crisping, it should release easily.

Per serving: 524 Calories, 6 g Protein, 0 mg Cholesterol, 77 g Carbohydrates, 35 g Total sugars (12 g Added sugars), 3 g Fiber, 23 g Total fat (18 g sat), 422 mg Sodium, ★★★★★ Vitamin C, Folate, ★★ Vitamin B1 (thiamine), B2 (riboflavin), B3 (niacin), B6, Iron, Phosphorus, ★ Vitamin A, E, Calcium, Magnesium, Potassium, Zinc

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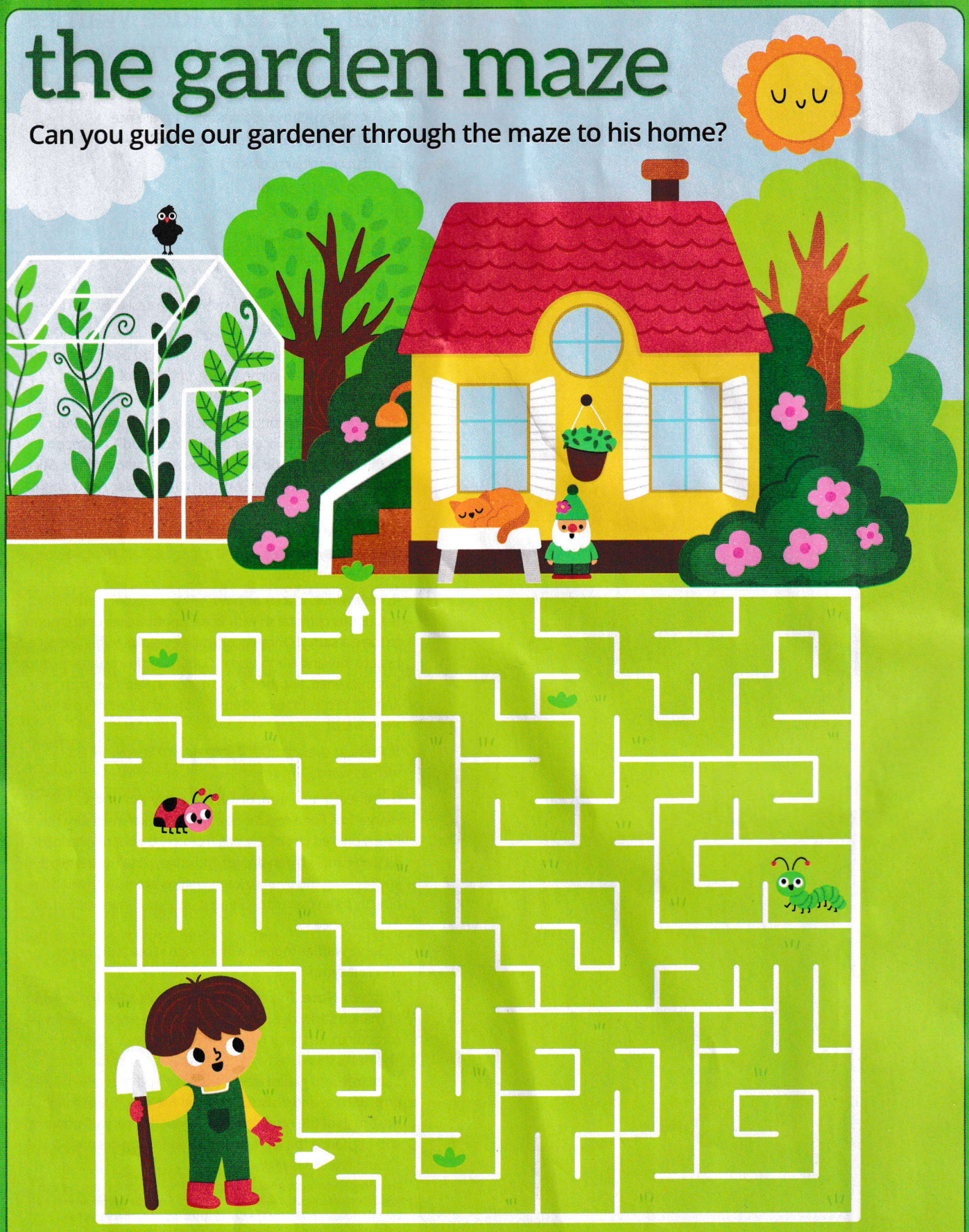
the garden maze

Can you guide our gardener through the maze to his home?



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rainbow

in someone else's cloud."

—Maya Angelou

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